



ACCENTS

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THE PINNACLES NATIONAL PARK, A CLOSE WONDER OF NATURE

Thursday, April 20, 2018, the Manor's Half Fast Walkers traveled south to Soledad and into the West Entrance of Pinnacles National Park. This excursion brought the five walkers into a unique formation in the Gabilan Mountains originally formed by a volcano 22-23 million years ago. Originally located off the coast of Los Angeles, the volcano was split into two halves by tectonic plate motion. Three plates met in this region and by both subduction (one plate over-rides another) and lateral shifting (one plate grinds past another) created fault systems including the San Andreas Fault. The San Andreas Fault ripped the volcano in half. The coastal side shifted 200 miles to the north (the Pinnacles) and the eastern portion remained in place, called Neenach, which is much less impressive.

Neenach remained exposed to air and erosion and is now only a set of low hills. The Pinnacles initially sank on a fault block, or "graben," and was covered by sediment for millions of years. Then it was uplifted once more, cleansed of sediment, and sculpted by wind, rain, and frost, creating spires, jagged cliffs, and boulder-choked canyons. The result is a volcanic mass seven miles long by 2.5 miles wide, rising from 824 feet to 3,304 feet in elevation.

The Pinnacles is composed primarily of volcanic ejecta, a mix of hot chunks and fine particles, that set like concrete when it cooled, forming a rock called breccia. Breccia is pinkish-brown due to the presence of oxidized iron and

compacted fine particles as opposed to the black lava found in Hawaiian volcanos.

Congress protected 16,000 acres of the Pinnacles in 1964. The Park can be entered from the west via highway 146 at Soledad and from the east from highway 25 south of Hollister. The Pinnacles National Park has multiple hiking trails and two cave systems, Balconies and Bear Gulch, formed by large fallen boulders forming a roof.

Camping is available on the east side, and a small lake, Bear Gulch Reservoir, is in the south park.

Climbing is a popular activity as well, but climbers need to be cautious as the volcanic breccia and tuff is weak compared to granite and basalt and is more unstable.

The climate is more Mediterranean, hot, dry summers, cool winters, and

moderate rain supporting many plants, flowers, and trees. Wild life is abundant including raptors, cliff-dwelling birds, frogs, bats and a nesting and release area for California condors. The Half Fast Walkers didn't see condors this trip but have been fortunate enough to see them in the past.

The Pinnacles National Park (West Entrance) is 55 miles from the Manor and a worthwhile day trip. One can appreciate the beauty and grandeur of the park without a long hike, and the park offers many options for those who like to explore.

Jack Enbom (A Happy Half-Fast Walker)



HELICOPTER PARENTS? HOW ABOUT HELICOPTER CHILDREN?



An article in the Wall Street Journal has some suggestions for our children about how not to be helicopter children. Here are some ways they can avoid this. If you are having these issues, you can share these points with your children. Although since you live at the Manor, they probably assume you are cared for in a perfect way!

How to avoid becoming a helicopter child:

- Unless your father or mother has dementia, don't make decisions for him or her. Discuss matters and remember he or she has a right to take informed risks.
- If you and your parents don't agree on their level of competence, consult a professional together.
- Don't go through your parents' mail or screen their

calls unless asked.

- Pick your battles. If a parent is getting lost or has stopped bathing, talk about what help he or she might need to remain independent. If his or her clothes don't match, get over it.
- If a parent has cataracts in both eyes and continues to drive at night, ask the primary-care physician to intervene.
- If your parents forget to turn off the stove, don't jump to the conclusion they can't stay in their home. Look into devices that turn stoves off automatically.
- Use classic 'I' language, such as: 'I am concerned about you living in a two-story house after your heart attack.' Avoid: 'You can't live here anymore.'
- Source: The Wall Street Journal, David Solie

EVENTS

SUN MAY 6 MOVIE – 1:30 – MH

Take the Lead. The real life story of a dance teacher who believed in the talent of a group of problem kids.

WED MAY 9 DAY TRIPPERS – 9:15 – 12:30

A guided tour of the very new Waste Management facility for handling garbage and recycling. An amazing state of the art building.

WED MAY 9 MOVIE – 7:15 - MH

Goodbye Christopher Robin. A British biographical drama about the lives of Winnie-the Pooh creator A.A. Milne and his family, especially his son Christopher Robin.

THURS MAY 10 HALF FAST WALKERS PLAN TO WALK – 9

Point Lobos. Ramona Smith will lead. Sign up on the BB.

SUN MAY 13 MOVIE – 1:30-MH

When Harry Met Sally. A romantic comedy. Harry and Sally have known one another for years but feared that sex would ruin their friendship.

MON MAY 14 SYMPHONY PREVIEW -11:00 – Library

Dr. Todd Samra will talk about the upcoming Monterey Symphony program. He is always informative and entertaining. Everyone is welcome.

WED MAY 16 MOVIE – 7:15 – MH

Mudbound. An epic story of two American families, one white and one black both of whom are working the land in 1940's Mississippi Delta. A well acted snapshot of American history.

THURS MAY 17 HALF FAST-WALKERS PLAN TO WALK – 9

Scenic Drive. Steve Brooks will lead. Sign up on the BB.

THURS MAY 17 MONDAY MORNING FORUM - 10:30 – MH

Grace Kennan Warnecke will speak on her new book, "Daughter of the Cold War." Grace is the daughter of George Kennan, one of the most influential diplomats of the 20th century. "Warnecke emerges as a remarkable East-West interlocutor ... who skillfully managed the hidden complexities of both Cold War high-stakes diplomacy and the challenging environments of the new post-Soviet states," Cooley, Director of the Harriman Institute, Columbia University.

Will Furman Photography, Wine and Cheese

At the Meeting House on Friday, May 11th, at 4:45 PM, photographs of many beautiful, colorful migratory birds and other wildlife in Florida will be presented, plus new *Inside-Out Reflections* images from his new exhibition at the California State Library in Sacramento. Come and enjoy.



BLESSINGS AT CARMEL VALLEY MANOR



Many blessings come our way

Some to grace us every day.

Others are from time to time

Like the white doves flying, so sublime.

They climb and dive together in the valley below,

Come and bless us, then they go.

I think they are divinely sent

To give us just a little glint

Of heaven's blessings at our front door.

Could we ask for anything more.

Perhaps some day we too will have wings

And be able to do all sorts of things,

Like give a blessing to someone

Or perhaps the wings have already come

And we don't know it till we bless

Someone whom we address

With love and kindness and our wings

Begin to beat and heaven sings.

George Wilson

NEW/SOON-TO-BE RESIDENTS

Sylvia Conn	Diane Greenlee
James and Susan Gaither	Susan Nycum
Claude "Skip" & Joan Keyzers	Tom and Sue Masters
Selma Petker	John and Ann Mahoney
Charles and Leslie Snorf	Bruce and Harriet Newell

Happy Birthday

5/5	Ruth L.	5/14	Gayle H.
5/8	Nancy D.	5/16	Larry R.

IN MEMORIAM

5/1	Zad Leavy
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ONGOING ACTIVITIES

See also *Master Schedule of Ongoing Activities*
(C 10,11 Residents' Handbook)

MON	Chair Exercise MH	8:30-8:45AM	THUR	Chair Exercise MH	8:30-8:45AM
	Monday Morning Forum (4th) MH	10:30AM		Half-Fast Walkers	9:00AM
	Advanced Exercise MH	11:00-11:45AM		Adv. Water Exercise SP	9:30-10:15AM
	Duplicate Bridge GR	1:00PM		Games GR	7:00PM
	Dominoes GR	7:15PM	FRI	Chair Exercise MH	8:30-8:45AM
TUES	Chair Exercise MH	8:30-8:45AM		Balance and Stretch MH	9:15-9:45AM
	Council Meeting (2nd) CR	9:30AM		Strength Circuit Training FC	11:00-11:45AM
	Adv. Water Exercise SP	9:30-10:15AM		Bookmobile	12:45-1:15PM
	Worship Services (1st) H	10:30AM		(Every other Friday from May 4)	
	Communion Service (3rd) HC	10:30AM		Lawn Bowling PG	1:15-3:15PM
	Lawn Bowling PG	1:15-3:15PM		Social Bridge GR	7:15PM
	Sing For Fun (1st & 3rd) WP	2:30PM	SAT	Chair Exercise MH	8:30-8:45AM
	Music In The Library L	7:15PM		Adv. Water Exercise SP	9:30-10:15AM
WED	Chair Exercise MH	8:30-8:45AM		Putting (2nd) PG	10-11:30AM
	Balance and Stretch MH	9:15-9:45AM		Wine Dinner Group (2nd) PDR	5:30PM
	Advanced Exercise MH	11:00-11:45AM		Music on the Menu DR.	6:00-7:00PM
	Strength Circuit Training FC	11:00-11:45AM		(Every other Saturday from May 5)	
	Communion Service (2nd) WP	11:15AM	SUN	Classic Movie MH	1:30PM
	Movie Night MH	7:15PM			

LOCATION LEGEND

CR Conference Room(s)	DR Dining Room	FC Fitness Center	GR Game Room
H Hillcrest	HC Health Center	HG Hall Gallery	L Library
MH Meeting House	PDR Private Dining Room	PG Putting Green	PL Pavilion Lounge
SP Swimming Pool	WP West Parlor	BB Sign-up and/or Information on Bulletin Board	

SHINGLES VACCINE

Highlights of the current recommendations are as follows:

- 1) One in Three Americans will develop shingles in their lifetime with the risk increasing to HALF of adults over 85.
- 2) Up to 20% of patients who get shingles will experience Post Herpetic Neuralgia (PHN) which causes pain and lasts from 3 months up to several years once the shingles rash is gone.
- 3) The previous shingles vaccine (ZOSTAVAX) is only 50% effective against shingles and 67% effective against Post Herpetic Neuralgia.
- 4) The new vaccine SHINGREX is more than 90%

effective for people 70 and over. Based on clinical trials with over 38,000 participants it is more than 90% effective against PHN for people older than 50.

- 5) SHINGREX appears to be more than 85% effective after 6 years. More data will be rapidly collected on the need for re-vaccination after that time.
- 6) SHINGREX should be received whether or not you previously received ZOSTAVAX.

The Medical Advisory Committee strongly recommends that all residents receive SHINGREX when offered by the Clinic, and then return for the second dose in two months.

Mel Britton

RETIREMENT!



Meredith Manhard just retired from CVM after 17 years as our dietician. Most of us are unaware of the fine job Meredith has done for us. She made sure we ate wholesome, good for us food. She also helped those with special needs in terms of diet. We were lucky to have her, and she will be missed.

PUN FUN

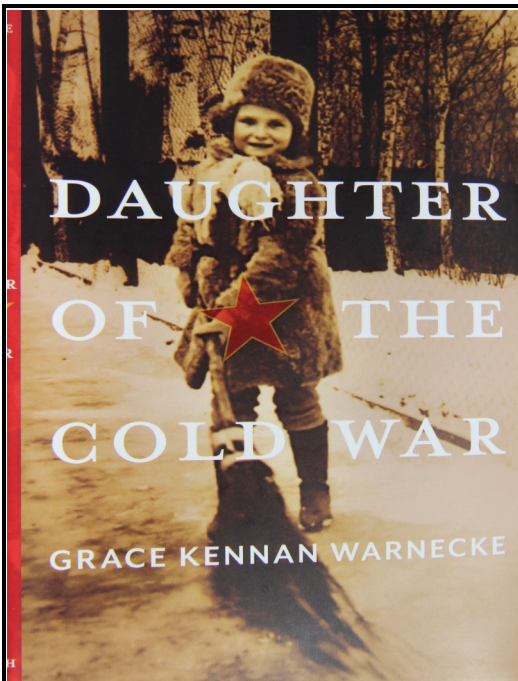
I'm reading a book about anti-gravity. I can't put it down.

Have you ever tried to eat a clock? It's very time consuming.

I used to have a fear of hurdles. I got over it.

What is a thesaurus's favorite dessert? Synonym buns.

Police were called to the daycare center. A 3-year old was resisting a rest.



“Daughter of the Cold War,” Grace Kennan Warnecke’s memoir, reveals an extraordinary life. When young, in the shadow of her famous father, Grace’s social introductions were invariably preceded by the phrase “daughter of the distinguished American diplomat, George F. Kennan.” For much of her life she felt compelled to measure up to this renowned man. Finally at mid-life, she assumed her own persona.

George Kennan’s career in the Foreign Service took Grace, her mother and sister to major cities in Europe -- Moscow, Prague, Berlin, Vienna, and Lisbon. Summers were spent in Kristiansand, Norway, with her mother’s family. Her seemingly glamorous, privileged childhood was in reality anything but idyllic. Schooling was continually interrupted, with one new location after another, or alone at boarding school with parents absent for long periods of time. In retrospect it served her well, notably exposure to the Russian language while studying in Moscow during the final months of World War II.

Grace offers a candid account of those early years as well as of her two marriages. Each man prominent in his individual milieu, each man a challenge. The first was to C. K. McClatchy of the California newspaper family, publishers of the Sacramento Bee with whom she had three children. Her second marriage was to Jack Warnecke, well known San Francisco

architect and designer of President Kennedy’s grave site at Arlington.

When Warnecke introduced Grace to Ted Kennedy, it resulted in her accompanying him as translator during his historic 1974 trip to the Soviet Union, the first by a U.S. politician since Roosevelt’s Yalta Conference. A subsequent trip in the same capacity with Joan Baez to Leningrad encouraged Grace to begin a professional career. Under difficult circumstances, yet with optimism and brio, she moved to New York and established her own company which she named SOVUS.

Grace’s awards and accomplishments are just too numerous to mention. A few include founding director of the American-Soviet Youth Orchestra; Producer of a prize winning PBS Documentary on U.S.-Russia Relations; Alliance of American & Russian Women working as election observers. The most challenging job was four years spent in the Ukraine as Director of a Woman’s Economic Empowerment program (WEE) helping create small business companies. In essence, “Daughter of the Cold War” presents a fascinating look back in history with a remarkable woman.

Marcia Waples

P.S. Grace Kennan Warnecke will speak at the Manor on **THURSDAY, May 17th at 10:30 a.m.** in the Meeting House following an earlier address at the Commonwealth Club in San Francisco.

PUBLICATION STAFF

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